

NEW JERSEY SELF-HELP GROUPS CLEARINGHOUSE

In N.J, phone 1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) * www.selfhelpgroups.org

EXAMPLES OF ADDICTION-RELATED SUPPORT GROUPS IN NJ

For contact information for any of the groups below, as well as information on hundreds of additional national & online support groups, and those seeking to start new groups in N.J., just call our Clearinghouse helpline at **1-800-367-6274**.

ALCOHOL: Alcoholics Anonymous meetings statewide, to include Spanish-speaking groups, in north NJ www.nNJAA.org , south www.AAsJ.org , Atlantic & Cape May www.caigrp.org .

* **Women for Sobriety** meets in Bergen & Ocean counties.

DRUGS: Narcotics Anonymous (statewide) www.njna.org * **Cocaine Anonymous** (Monmouth, Mercer, Essex, Middlesex) * **Marijuana Anonymous** (starting in Essex County).

DUAL DIAGNOSIS (for those persons in recovery from both a mental illness and an addiction):

Double Trouble in Recovery, Dual Recovery Anonymous, Psychiatrically Recovering 12-Steps, MICA (Mentally Ill Chemically Addicted), Narcotics Anonymous for MICA Patients, etc. - various meetings statewide.

DEAF / HARD OF HEARING: Signs of Sobriety (interpreted 12-step groups for those who are deaf or hearing impaired and also in recovery for any type of addiction)

GAMBLING: Gamblers Anonymous 12-step meetings statewide www.ga4nj.com

OVER-EATING: Overeaters Anonymous www.oa.org (12-step meetings available statewide), **Food Addicts in Recovery** (northern NJ), **Food Addicts Anonymous** (north central NJ), and **TOPS - Take Off Pounds Sensibly** (meetings in most counties statewide).

TOBACCO ADDICTION - Nicotine Anonymous (6 counties) * **Smoke Free Group** (Monmouth)

PROFESSIONALS IN RECOVERY: Lawyers Concerned for Lawyers meetings statewide * **Nurse Recovery Groups** meetings statewide

GENERAL ADDICTION: SMART Recovery (Self-Management And Recovery Training) - professionally facilitated non-12-step groups for any addiction, meetings in Middlesex & Morris counties * **Seniors Count** (for any substance abuse) Bergen County * **Double Jeopardy** (for those who are HIV+, in recovery from drug abuse) Bergen & Essex counties * **Teen Recovery** (Gloucester) * **Thursday Night Recovery** (Ocean County)

CHRISTIAN: Overcomers Outreach (19 gps in 8 counties) * **Addictions Victorious** (18 in South NJ) * **Calix Society** – for Catholics * **Celebrate Recovery** (Camden/Monmouth) * **CARE** Christians, Addictions, Recovery, Education (Bergen) * **12-Steps God's Way** (Burlington) * **Pressing Toward the Mark II** (Gloucester) * **Overcomers in Christ** (Ocean).

JEWISH: A Jewish Approach to Recovery (12-steps) Bergen County.

SEX & LOVE ADDICTION: Sexaholics Anonymous, Sex & Love Addicts Anonymous, Hoboken S.A.A. (Serenity, Acceptance, Affirmation), S-Anon Couples Groups (for those with sexually self-destructive thinking/behavior)

OVER-SPENDING: Debtors Anonymous (for recovery from compulsive overspending and indebtedness) – in 8 counties

CLUTTERING / HOARDING: Clutterers Anonymous (to solve their common problem with clutter, and help others recover), and **Clutter Club**.

And more groups which you can either join or start.

JUST FOR THE FAMILIES & FRIENDS OF THOSE WITH AN ADDICTION

Al-Anon for families & friends of alcoholics (statewide, some Spanish-speaking groups) www.nj-al-anon.org *

Alateen for young persons whose lives have been affected by some else's drinking (statewide) *

Nar-Anon & Narateen groups for families and friends of drug abusers www.naranonofnj.org

Gam-Anon groups for families and friends of compulsive gamblers www.nigamanon.org

Families Anonymous for parents and families of those with alcohol, drug, and/or behavioral problems.

Adult Children Of Alcoholics (Camden) & **ACA** (Adult Children of Alcoholics - Mercer)

Bright Futures for Kids for children of addicts (Somerset)

BASA (Brothers And Sisters of Addicts - in Essex County)

Parent Support Group - (groups in 8 NJ counties) & **Parent-to-Parent Coalition** (Camden/Burlington)

Families of Addiction (Union County); **Addiction Support Group – Families & Friends** (Gloucester)

GRASP (Grief Recovery After Substance Passing – Gloucester) & **PELA** (Parents Enduring Loss from Addiction - Morris County) – both groups are for parents who have lost a child to drug overdose.

Family Support Group (Atlantic Cty) & **Mental Health & Alcohol/Drug Family Education** (Morris Cty) for families of those dually diagnosed, i.e., in recovery from a mental illness & drug/alcohol addiction.

S-Anon for families & loved ones of those suffering with sexually self-destructive thinking or behavior.

And more groups.

ADDITIONAL GROUPS JUST FOR PROFESSIONALS IN RECOVERY which supplement their use of the primary 12-Step groups: **Doctors in AA** national support network * **Anesthetists in Recovery** * **Veterinarians in Recovery** * **Social Workers Helping Social Workers** * **Psychologists Helping Psychologists** * **International Lawyers in AA** * **International Ministers & Pastors in Recovery** (support network may be developing in NJ) * **ICAP** (InterCongregational Addictions Program) for women in religious orders.

ONLINE GROUPS WITH NO LOCAL COMMUNITY GROUPS YET

Quitnet.com online groups & customized guide for smokers wanting to quit. * **Benzo** for those who want to end benzodiazepine addiction * **On-Line Gamers Anonymous (OLGA)** for those life facing problems caused by their excessive or compulsive computer game playing * **OLG-Anon** for family & friends of people who play computer games compulsively * **Gamers Widows** for spouses of those addicted to computer games * **HAMS (Harm Reduction for Alcohol & Other Substances)** to help moderate addiction * **Shopping Addicts**.

GROUPS THAT COULD BE STARTED IN NJ ONLY IF...

SOMEONE WAS INTERESTED IN JOINING WITH OTHERS TO START ONE

Crystal Meth Anonymous - www.crystallmeth.org * **Pills Anonymous** – a model group meets in Manhattan, NY * **Co-Anon** (families of cocaine addicts) * **Heroin Anonymous** www.heroin-anonymous.org * **Methadone Anonymous** - a few NJ methadone clinics have M.A. groups for their clients * **JACS** (Jewish Alcoholics, Chemically dependent persons, & Significant others) * **Millati Islami** - a 12-step group for persons of Muslim faith in recovery from alcohol or drugs * **Alcoholics Victorious** (Christian-based 12-steps) * **Moderation Management** (to cut down on drinking) * **Men for Sobriety** * **LifeRing Secular Anonymous & Secular Org. for Sobriety** (non-religious) * *and other groups* * **Eating Addictions Anonymous** * **Eating Disorders Anonymous** * **Compulsive Eaters Anonymous** * **Nat'l Family Partnership** (prevention) * **Spenders Anonymous** * **Bettors Anonymous** * **Messies Anonymous** * **Sexual Compulsives Anonymous** * **Clutterless Recovery Group** * **Free N One Recovery** * **Chemically Addicted Anonymous** * **Recoveries Anonymous** * **Sexual Compulsives Anonymous**

HELP FROM YOUR NJ SELF-HELP GROUP CLEARINGHOUSE

For free help in either **finding** or **starting** any type of self-help support group (to include those for any one of the **hundreds of other stressful life problems** (e.g. bereavement, chronic illness, divorce, disability, abuse, etc.) **that can frequently drive people to alcohol and/or drug addiction**, just call our **NJ Self-Help Group Clearinghouse** at 1-800-367-6274.